

VISIT...

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Lesson 18:
Go and whoa-
The cornerstones of *Impulsion*

Lesson 19:
The Pushing Passenger Lesson

Lesson 20:
Follow the Rail

Preparing for a
successful assessment

Preparing for Level 2
Freestyle Riding



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POCKET GUIDE 7



Partnership
Level

Pocket Guide 7

Level 1 Freestyle Riding Skills

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Lesson 18: Go and whoa – and the Pushing Passenger Lesson

Introduction

It's time to work on the go and the whoa...

Horses hate to be kicked to go (hence all those *swishing* tails and laid back ears) and pulling on two reins to *stop* is not effective, especially in an emergency!

In this lesson you will teach your horse to go in a way he will both understand and respect.

Note: Even though we have made separate lessons of them to ensure we cover the details for each task and *idea*, you can and should do both *Lesson 18* and *19* at the same time!

The Parelli formula for developing horses (and people!) goes like this:

1. Respect: mental collection (*Level 1*) ;
2. Impulsion: emotional collection (*Level 2*);
3. Flexion: physical collection (*Level 3*).

Respect gives you Impulsion, and Respect and Impulsion give you Flexion.

In *Level 1* we are most concerned with developing respect

and thus we begin the foundation for impulsion.

Level 2 is all about impulsion which in our books is self-controlled forward energy required of the horse, as opposed to energy held back or pushed forward by the rider.

Level 3 is all about flexion – vertical flexion and collection.

Right now, we need only concern ourselves with teaching our horses to wait to be asked to go, and to slow down when we want them to. Sometimes this alone is enough to change an unhappy and unsafe partnership into a much better one!

If you have a horse that is happy to go, happy to slow, you'll probably find he gives lateral flexion pretty well too. If he's impulsive or sluggish, he'll be harder to bend to a stop. This is because the respect and impulsion systems affect the flexion system.

Viewing assignment

Play DVD-5, Chapter 3, and watch the segments with Linda and her *Level 1* class titled, "*Preparation for riding - Part 2.*" They will prepare you well and offer you insights into the experience of your horse when you ride. It is quite an eye opener!

When you are done viewing this Chapter, return here.

Note: We suggest you practice the riding simulations from the DVD with a friend before continuing. This would be a very helpful exercise for understanding what your horse feels in the way you sit, hold your body, your legs, and feet. You'll be surprised at what a difference small shifts in these areas will make!

Viewing suggestion

If you own a copy of *"Riding with Fluidity"* with Linda, it would help to watch this as part of your preparations for the following lessons.

Objective

- ★ To teach your horse to go and whoa using polite phases (*without having to kick or pull*).

Tools

 Halter, 12-foot Line. Be saddled and in a small corral.

There are Four Phases to asking a horse to Go

Most people have learned in some way that you should kick a horse to go. Not only is this sudden and surprising for the horse, but most often it is perceived as rude and

unfeeling, hence the legion of problems people have in getting horses to move forward willingly.

Learn to ask your horse to start moving forward through a succession of cues that only escalate if the horse doesn't respond. There are *Four Phases* to Go:

Phase 1 – Smile with all four cheeks!;

Phase 2 – Squeeze with your legs;

Phase 3 – Smooch (a sound from your lips);

Phase 4 – Start rhythmically spanking yourself with the 12-foot Line, then the horse...

Directions

After playing the *Seven Games* and saddling with *savvy*, mount your horse. Let him stand still with you for a few moments. This will help him learn that mounting doesn't mean start moving!

As you sit on your horse, allow your legs to drape softly around his sides without any pressure in them. You'll find your knees and your toes will want to splay out a bit, and that's good so don't try to prevent it. In this posture you'll find your legs find a shape that wraps naturally and softly around your horse's rib cage. As soon as you try to grip with your knees or point your toes forward, it will feel awful to your horse and he'll have trouble standing still.

Now start your *Four Phases to Go: Phase 1*: Smile with all four cheeks – those on your face and those in the saddle! This means you come to attention in your posture. In this way you'll bring your 'life' up so your horse feels energy rising in your body. This is a warning or preparatory signal that you're about to ask for something. It's the same thing as when a Sergeant commands: "Ahhhh Ten Shun!" (Attention!)

Focus on where you want to go, bring up enough energy inside your stomach and chest to get a walk, and at the same time stretch your hand and rein forward to encourage your horse to move forward with you.

There is nothing mysterious about this, it would be the same as if you yourself went from standing still to walking forward. The first thing that changes is your energy, then your feet follow. Try becoming conscious of this as you move around in your daily life.

If your horse starts to move forward, rest your hand and rein on his withers and 'walk' with him.

If your horse doesn't respond to the amount of energy in your body and move off, you'll need to go to *Phase 2* which is squeezing lightly, all the way down your legs and all the way to your heels.

Do this by turning your toes out and slowly downward.

Your lower leg and heel will come in contact with the horse's sides without you having to use any pressure in your thighs.

Don't crush him; just politely hold the squeeze until he moves. The moment he moves, release the squeeze.

If your horse has not responded to your squeeze, you'll then need to go to *Phase 3*. "Smooch" or "cluck" while you are holding the squeeze (no weaker, no stronger). At any moment he starts to move forward, release your legs.

If your horse doesn't understand or is ignoring you (it's not that he can't feel you!), you'll need to go to *Phase 4* and create a little commotion via the end of your 12-foot *Line*.

While still holding the squeeze with your legs, swing the rope from side to side, tapping your shoulders. In this way it's a form of *The Driving Game*^{#3} behind the drive line, which drives your horse forward. If your horse starts to move forward, quit immediately and release your legs.

If he still does not move forward, let your rope slide out a bit and let it start to touch his *Zone 4* from side to side with the same rhythm. At any moment your horse starts to move forward, quit immediately and release your legs.

Remember to release your legs the moment your horse moves forward, no matter what phase you are at, but maintain your "life" because this will be consistent with the

energy you are asking your horse to maintain at the walk, or the trot, etc.

Let's talk about 'spanking' to go as Phase 4

This does not mean whipping and it also does not mean one big spank. There are phases within this *Phase 4*. The first three are a kind of *Driving Game*^{#3} which create motivation without actually touching the horse.

Phase 1 – rhythmically flap the end of the rope from side to side around your shoulders. You are spanking yourself!

Phase 2 – make the flapping motion get faster so it creates a bit of commotion.

Phase 3 – let the rope grow longer until it starts touching the horse on *Zone 4* behind you.

Phase 4 – increase the rhythm and firmness.

The moment your horse starts to move, stop spanking and release your legs instantly! This lets your horse know he's done the right thing. You are rewarding him for the slightest try. If you keep squeezing once he's moved, he'll begin to get dull. The release will sensitize him and get him to become more responsive, especially when he knows the phases are building.

Give each spanking phase a few seconds to work and if there's no response continue up to the next phase. What's important is that you keep going up, phase-by-phase without stopping, until you do get a response. The worst thing you can do is press harder and harder with your legs or start kicking. This only teaches the horse to be dull and unresponsive.

IMPORTANT:

Rather than trying to urge your horse forward, allow him to stop (or slow down to a walk if you are trotting) and then start at *Phase 1* again with your *Smile* – *Squeeze* – *Smooch* – *Spank* phases. Pretty soon your horse will notice that you only do this when he quits doing what you've asked him to do. Trying to prevent your horse from breaking gait ends up making you tired, your horse lazy and he doesn't learn that maintaining gait is his responsibility. More on this in *The Pushing Passenger Lesson*.

When your horse moves forward, release your legs, but don't forget to "ride."

Riding is not 'sitting' nor is it constantly making your horse go forward by squeezing the whole time. Actively riding means having enough life or energy in your body to ask for and maintain the gait you want. A good way to do this is to move your hands and shoulders with your horse as

he walks and even in time with his walk, as if you are mirroring his front legs. You'll notice that it takes some energy in yourself to do this and this "life" can be felt in your stomach and chest area.

There is a logic to this if you think about how much energy you need in yourself if you want to go from a stand still to a walk, a jog, a run and a sprint. Experiment with this on foot and then apply it to your riding savvy. The idea is that you want your horse to learn to match your energy, to go faster and to go slower when you do.

The Four Phases to Whoa

Here's a great way to memorize these phases:

"Quit riding – Lift – Hold – Bend."

Phase 1 – Quit riding;

Phase 2 – Lift your rein;

Phase 3 – Hold the rein;

Phase 4 – Bend your horse (lateral flexion).

Quit riding means let your life down like letting the air out of a balloon.

Lift your rein straight up and high in front of you until you feel it make contact with the halter and you know your horse can feel it.

Hold the rein in that position, with your life down, for several seconds, but don't pull it tighter or it will bend his neck. You just want it to get in his way a bit.

Bring your free hand up to hold the rein so you can run your hand down the rein and bend your horse gracefully to a stop. Hold him in lateral flexion until he relaxes and can keep his feet still, then release.

Try not to jerk your horse around or pull hard and rudely (unless it is an emergency of course!). Start slowly by closing your fingers, just like in lateral flexion, and if your horse has some resistance, wait for him rather than force him. Actually, the better your lateral flexion is at a standstill, the easier it will be to teach him to bend from a walk or trot.

Again, give your horse three seconds to respond at each phase before moving up to the next phase. As soon as one of the phases causes him to stop, release by dropping your hand and the rein to his neck. You can always pick it up again and repeat if he moves off uninvited. In this way he'll learn to then stand still until you ask him to go again.

Note: Some horses will stop right away at *Phase 2* or *3*. In this case, still go all the way to *Phase 4* and bend his neck just for the sake of rehearsal. As you learn to bend from faster gaits, it's important that your horse knows what the end result is rather than you having big trouble because he's never had to do this from a moving gait.

Important Knowledge

- If you can't bend at the halt, don't walk.
- If you can't bend at the walk, don't trot.
- If you can't bend at the trot, don't canter.
- If you can't bend at the canter, don't gallop.

Take this very seriously. Work on that bend to a stop being easy and calming. It doesn't just control a horse's motion, it controls his emotions.

Pump the Rein Three Times – the Trombone Technique

A good way to teach an impulsive horse to bend is to 'pump' the rein three times before asking for the bend. This gives him a kind of pre-signal, a warning that contact on the rein is coming and causes him to think about what he needs to do.

Slide your hand down and up the rein three times slowly, and on the third time down, bend him. Do this without putting any tension on the halter while you "pump" the rope in this "trombone" motion.

Stay absolutely relaxed in your seat and use rhythm in your trombone technique, going down the rein at the same speed as you come up the rein... which is with no speed at



all! A hurried trombone won't work nearly as well on your horse's emotions as a rhythmic, relaxed one.

This technique will warn the horse that you are about to bend him to a stop.

He will start to tune in to this and pretty soon he'll start shutting down as soon as he feels you start pumping the rein, which is great. The more consistent you can be in your technique, the quicker it will happen.

Horses are experts at noticing what happens before what happens happens.

Success Tips

- ✓ Don't worry where your horse goes – straight or crooked – it doesn't matter right now. First you need to teach your horse to go and to stop when you want. Turning and changing direction is another lesson.

- ✓ Go where your horse goes ('flow with the go'). This can be difficult at first because most people have never allowed their horse to choose his direction, but give yourself permission to go with it. When you're in a small area like a round corral, it really doesn't matter.
- ✓ Try it at the walk first. Walk for just 10 steps, then ask your horse to stop using all *Four Phases*, even if *Phase 1* works right away, go through them all for both you and your horse to learn.
- ✓ Repeat this 10 times, each time allowing your horse to walk a little farther.
- ✓ Once your horse bends easily and willingly from the walk to the halt, if you feel ready* you can try it at the trot. Again, go through all *Four Phases* when first teaching him.

*How to know if you feel ready...

"Ready" means your horse bends to a stop and relaxes fairly easily from a walk, and you feel safe and confident enough to actually WANT to try it. But if you have any apprehension, DON'T do it. There's plenty of time to do it another day, but only if you want to. Don't let anyone make you go faster if you don't feel like it and most important of all, don't pressure yourself.

If you use your phases effectively, your horse will learn to respond before *Phase 4*. You'll be able to simply quit riding and lift and hold your rein and your horse will come softly to a stop and stand still until you ask him to move off again.

Trust that he'll respond but be ready to correct, not more one than the other.

'Trust' means that you'll wait long enough for your horse to respond, but not so long that your horse loses the sense of what it is you are really wanting. That's why waiting three seconds between each phase is important at *Level 1*.

'Correct' means going to higher phases as required if your horse ignores or resists your request. When you do correct your horse, do it calmly and don't make him feel punished. Just patiently go through each phase until he responds. Remember, both of you are learning! You don't want to make your horse, your student, feel criticized but you do have to be effective when necessary.

Pitfalls

- ✖ Sharp and jerky movements like kicking to go or jerking harshly on the rein with your hands.
- ✖ Trying to keep your horse going with your legs instead of just allowing it. If he stops or slows, just start at *Phase 1* to ask him forward again. Pretty soon he'll

realize he's supposed to go until you ask him to slow.

-  *Being in too big, or too small an area.* Starting in a small area rather than a big, open area, will ensure your safety and build your confidence at first. As you progress, and especially if you have a lazy horse, make sure you don't stay in the really small area as this will discourage him from wanting to go forward... because there's nowhere to go. But having nowhere to go works very well for high spirited horses.
-  *Not starting at Phase 1 every time.* You need to start in the way you hope your horse will respond, even if that doesn't occur right now. Horses are actually very responsive to their rider. Their degree of responsiveness is dependent on your dedication to going through the phases, starting at *Phase 1* every time.
-  *Not going all the way to Phase 4 if necessary.* If you don't, you'll allow the horse to lose track of what it is you want and maybe even ignore you and play tricks on you.
-  *Making a correction before your horse actually makes a mistake.* Allow him to make the mistake and he'll learn what not to do. If you keep trying to prevent the mistake, he'll make you work harder while he gets more dull, less sensitive and does less.

Troubleshooting

-  Your horse bucks when spanked at *Phase 4*.
-  Your horse is most inclined to buck if you use one sharp, hard spank. He'll also feel resentful and criticized.

Use your phases judiciously. If your horse is still inclined to buck, sort it out on the ground, using *The Squeeze Game*^{#7}. Ask him to come through a fairly wide gap, and to hurry when you smooch or cluck once to him on the *Send*. Tap him in *Zone 3* with your *Carrot Stick* and *Savvy String* which will cause him to accelerate forward rather than go past you slowly. Allow him to arrive at the other side of the squeeze pattern and ask him to stop, turn and wait as usual. Some horses get emotional when you ask for more effort so getting him to stop at the end of the squeeze and wait to be redirected is very important for developing his emotional fitness.

Repeat this special *Squeeze Game*^{#7}, intensifying the touch with the string if he doesn't respond by trotting or cantering forward, until you can smooch and he instantly speeds up without you even having to raise the stick and string.

Once you've been able to get him to do this three times in a row, and he can stop and stand still each time, it's

time to get on. If he's not able to stand still and wait for the count of seven, don't get on until he can because it means he's too emotional, a bit right brain rather than left brain. Take the time it takes so you can teach your horse exactly the behaviors you want.

Now get back on and by the time you get to *Phase 3* (the smooch) he'll understand exactly what you mean and move forward right away... so be ready for this! You don't want to accidentally pull on the rein when he moves forward or he'll get confused and even worried.

☹️ *Your horse takes off as soon as you give him a loose rein.*

😊 Take confidence in the fact that by following the program so far, you have already made some good changes to your horse's respect level, self-confidence and self control.

You'll probably find that the tendency to run off is much reduced. However, it is very important that you can bend your horse easily as soon as he starts to speed up, and bend him before it gets fast, like within a stride of him getting faster than you anticipated. Again, being in a confined area will reduce this tendency and help you teach him more easily.

It is better to offer a loose rein, to trust your horse and

correct him by bending if he starts to speed up than to constantly hold him back on a tight rein. Holding a horse back builds tension and fear in the horse. When you bend him into lateral flexion, keep him bent, and stroke him until you feel his emotions come down, and **ONLY THEN RELEASE.**

Being in a small enclosure is an important part of keeping you and your horse safe in *Level 1*. So many riders are trapped in the uncomfortable habit of controlling more excitable horses by holding them back with the reins which feels like it works, but in reality only worsens the problem of horses vs riders. Even more highly strung horses learn to appreciate being allowed to go forward and can accept constant bending to a stop and waiting to relax much better than being held back.

Once you and your horse are confident in practicing your go and whoa drills in the small area, you can move to bigger areas. Try to do it in stages, from small to medium to large if you can. This is better than jumping from the wading pool into the ocean!

Be prepared to release and bend a hundred times. Emotionally scattered horses will need much more time on this before they feel secure enough to manage their own impulsion without being held back.

☹️ Your horse won't keep walking or trotting; he slows down or stops.

😊 A horse that's got more whoa than go might have the tendency to slow down and stop by himself. The worst thing you can do is anticipate this and try to prevent it. Remember, horses learn through getting comfort (when he's right) and discomfort (when he's wrong). So don't do anything about it until he actually changes gait, then do something. Allow him to make the mistake or do the action you don't want. Go through your *Four Phases* until you are effective at regaining the walk or trot, then smile and keep riding (keeping your life up so your horse understands this means stay active).

Remember, if you urge your horse on as soon as you feel him slowing down, you will make him dull, stop him from thinking, and he will train you to work hard at keeping him going! The key therefore is to only correct him after he makes the mistake. In this way he'll learn the responsibility of maintaining the gait you asked for. He'll use his brain.

In the beginning, don't be too critical of your horse changing gait. Help him to feel right as much as you can, so at first be happy that he just goes and whoas.

You can become gradually more particular over the weeks that follow.

Lesson 18 Check List

- ☐ Your horse will now move forward at a walk or trot at Phase 2 or 3 maximum... only an occasional reminder of Phase 4.
- ☐ You can slow or stop your horse from a walk or trot at Phase 2 or 3.
- ☐ You can cause your horse to go forward willingly without kicking him!
- ☐ Your horse continues to move forward without you continually pushing him.

Success Map

Place a check mark on your *Success Map* to indicate you have completed the tasks for Lesson 18.

Lesson 19: The Pushing Passenger Lesson

How to become a good rider for your horse

Introduction

The principle when riding is to become part of your horse. Flowing with your horse's motion is one of the most magical feelings. It also makes you feel safer because you're doing what the horse is doing when he's doing it! When you don't do what the horse does, that's when you lose your balance and even fall off.

In your quest to become a great rider you have to first become a great passenger, and if you are already a very experienced and confident rider, the passenger lesson will open up new areas of fluidity and harmony for you.

Many horses have never been allowed to be the "driver" when ridden, so breakthroughs occur here in self confidence for the horse.

From the beginning, most of us are taught to take total control of the horse through the reins to stop and steer. This actually can really bother the horse causing him to fight the contact (pulling, head tossing, etc.) and it tends to make your riding style stiff and restrictive.

In learning to ride more naturally it will be important not to pull or balance yourself on the reins. You'll learn to ride on a loose rein, using one rein to stop your horse if he starts going too fast, because this is how you will develop balance and flow in your body.

There is also a particular technique we call *The Pushing Passenger Lesson* which anchors you to your horse and gets you feeling connected and more secure. It also makes you more part of the horse and as a result horses get calmer because they are more comfortable.

Some people have quite a longstanding habit to be broken when it comes to reins and riding. When you can meet the objective of maintaining a 'pushing' passenger lesson as taught in this lesson, without being tempted to pick up the rein, you will have earned the right to use two reins. Your "*Preparations for Level 2 Riding*" that follows the completion of this *Pocket Guide* will introduce you to two reins and riding dynamics.

Riding is all about Balance

A lot of people have learned to ride using strength by gripping with their legs, holding back on the reins and trying to sit up tall and straight. In learning to ride more naturally, you're going to find that most of what we teach

asks you to do the exact opposite of what is commonly taught in riding lessons. For example:

- Instead of sitting on your crotch, you need to sit on your tail bone (your balance point)!
- Instead of gripping with your legs, you need to drape your legs loosely around the horse.
- Instead of keeping your toes straight ahead, you're going to allow your toes to splay open and your knees to fall open as well. This is a nice, relaxed position. This shape follows the shape of your horse's body and does not restrict its movement the way gripping does.
- Instead of trying to sit up straight, in the beginning lessons you're going to be rounded and close to your horse. It makes you more secure and helps you to learn how to move and flex your body the way your horse does.

Ride in a way that helps your horse

By doing the opposite of what is commonly taught, you're going to learn to ride your horse by staying out of his way! This will allow him to move more freely, to bring his hindquarters more underneath him, round his back, use his joints more fluidly and thus preserve his physical health. Horses ridden by people who are tense in their muscles,

who sit too far forward in their pelvis (putting more weight on the horse's front end making it more difficult for the horse to move), tend to get hollow backed. Some horses become emotional and impulsive because of this; others simply become difficult to get to move!

Believe it or not, you can change all this simply by putting your weight where it's supposed to be... in your seat... not in your stirrups, or knees or shoulders.

You'll be doing all this on a loose rein because it's not about the reins, it's all about weight distribution and lack of tension in the rider so the horse can do the same.

Level 1 gives you the first step. After that you must go on to *Level 2* for more advanced information so you can continue to make progress.

The Independent Seat

Having an independent seat means you don't depend on your reins or squeeze below your knees to have balance, it's the ultimate goal of any rider. It involves developing a 'deep seat' and through *The Pushing Passenger Lesson* you will start to experience it right away.

It's amazing how much riders use the reins for balance, and it's no wonder the horse's mouth gets hard and insensitive. Learning how to let go of the reins and find

other ways to develop your balance, together with learning how to flow in harmony with a horse's movement, will help you to make great steps in the development of a truly independent seat.

Fear and Lack of Confidence

This affects more riders than you probably expected, even many that you think look so brave. The truth is, many riders should be afraid! There are two main reasons...

1. Most people are riding horses who are out of control... won't go, won't stop, won't turn, fight the reins, constantly break gait, ignore the rider, overreact to things, get worried, become frightened. If this were a car, it would be in the mechanic shop because it's far too dangerous to drive! But people get on horses like this every day and wonder why they have bad experiences, lose their confidence or get hurt.

When you're out of control it is a dangerous situation. Even a little out of control is not good, it leads to bigger things. That's why so much of *Level 1* is about getting your horse to be more self controlled and more respectful of your leadership... on the ground first.

2. Most riders are not well balanced and therefore not very secure in their saddle. When the horse makes sudden shifts it's easy to come adrift. Other riders grip with their

legs to stay in the saddle. They use brute strength to stay in the saddle but the consequence is usually a stiff moving, hollow backed, unhappy horse.

Once you know you are on a more left brain, self controlled horse who has given you permission to get on, and you have some techniques that profoundly improve your balance and keep your seat connected, riding becomes a whole different experience for both you and the horse. It's safer and more fun and when you feel safer, you gain confidence.

Get off, NOW!

One of the biggest confidence builders is knowing you can and should get off the moment you start to feel unsafe.

For some reason, riders have perpetuated a myth that compels riders to stay on no matter what, and if you get off the horse will think he's won! There is no truth to this. Horses don't think that way. When a horse is right brain all he can think of is running to safety and any attempt to restrict him will heighten the fear and even cause panic. Trying to stay on a horse in this state is dangerous so the safest thing to do is get off. And the sooner the better.

Pay attention to your instincts and feelings. When you feel worried or unsafe and the thought of getting off crosses your mind, that's when you should act... not later because

it may be too late. An interesting thing happens when you get off, not only do you instantly feel better (and avoid getting hurt), you actually build confidence. This is because instead of becoming a victim of the horse's crisis you have a strategy, and you know exactly what to do.

Never let anyone make you feel foolish for getting off your horse; it's the savvy thing to do. Once on the ground you can set about getting your horse left brain again by playing *Driving*, *Yo-Yo* and *Sideways Games* until he's calm. Sometimes you have to get very animated and assertive in order to override your horse's compulsion to panic. Once he's calm, he's safe to ride again but don't get on unless you feel you want to. It's better not to get on than force yourself because you or someone else thinks you should!

Remember, horses need you to be the confident one! If you are more confident on the ground, then stay there until you feel like getting on, even if that means it's another day.

Objectives

- ★ To be able to ride in a *Pushing Passenger* position at walk and trot for 21 minutes... and stay calmly in balance and harmony with your horse.
- ★ To overcome the need to influence where your horse is going, to get all the brace and resistance out of your body.

Tools



Halter, 12-foot *Line*, horse saddled, small to medium size round corral or confined area.

The Pushing Passenger Position

This is best done as a simulation first. Once you know how to do it on a log, a barrel or your friend (!), then you'll be prepared to do it on your horse.

You'll need a barrel/log or even a bench (rounded edges would make it more comfortable!). Make sure it is low enough to the ground so you can rest your feet flat and there is a bend in your knee. If it is too high, your legs will be stretched and you will not be able to move your lower back in the way you're about to learn.

Put your hands in front of you, overlapping your thumbs.

Discover the difference between leaning and pushing:

1. To feel what it's like to do this the wrong way – put all your weight on your hands. Notice that your seat comes off the log and all your weight goes into your hands AND your feet.
2. Now for the correct way - push your seat away from your hands. You'll notice that your seat rolls backwards

putting weight into your seat and more towards your tailbone, which curves under you. It gets you sitting on your "cheeks" rather than your bones! You'll also notice that your lower back stretches and rounds instead of arching. Repeat both positions until you can really feel the difference and then practice the *Pushing Position*.

The *Pushing Position* is what a deep seat is all about. It will connect you deeply yet softly with your horse's back so you can move as one. It also pushes your weight towards your horse's hindquarters whereas the leaning position dumps all the weight on the horse's forehead.

In *Level 2* you'll learn how to take the *Pushing Position* to a more upright form of riding, but you'll establish it first as a habit for when anything goes wrong... the moment you think you're going to lose your balance, push harder and you'll instantly bond with your horse rather than come adrift.

Impulsive horses get calmer and slower when you push because you're more connected rather than resistant and horses who don't want to go become more willing because it feels more comfortable to them.

The Pushing Passenger Lesson

The principle is to ask your horse to walk and then go wherever he goes without resisting him. If he stops, stop with him for a few seconds and then ask him to walk again. If he breaks into a trot, pick up the rein with one hand and bend him to a stop or a walk and then release.

Important: even when bending your horse, keep pushing with the other hand. This will keep your seat secure.

Directions

Begin in a small enclosure or round corral so your horse can't go very fast or run off.

Have your horse properly prepared. Play the *Seven Games* until he is paying attention to you and is calm and left brain.

Saddle and mount your horse using the skills you learned in this Program.

Bend your horse right and left in lateral flexion, for the count of ten seconds on each side, and remember not to release unless your horse is standing still and relaxed. You are checking the brakes so you know you can bend him if you need to and you are installing calmness.

Your rope/rein needs to be not too long, not too short

but just right! Allow a bit of slack so it is long enough to let your horse's nose touch the ground when it is fully stretched. Any longer and it will catch on his knees.

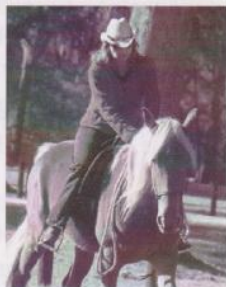
Take the tail of the rope (the part that's now the excess) and fold it in half. Lay it over your horse's neck. For *The Pushing Passenger Lesson*, you will put both your hands over the part that lays on his neck.

Put your hands over your horse's withers trapping the rope under them.

Push your seat away from your hands so you feel your lower back rounding and your seat sink into the saddle.

Using your phases, ask your horse to move to a walk.

Allow your horse to walk wherever he wants, while you concentrate on trying to be part of your horse: look where he looks, bend your ribs when he does, lower your head when he does... slowly but surely release any resistance in your body. The areas most people tend to tense up are their ankles, shoulders and elbows and grip with their knees. So every now and then check on yourself in those areas. If you find you are stiff there, simply start moving and flexing it.



When your horse stops, stop with him. Then ask him to walk forward again. You don't want to prevent the stop; it's all part of learning to ride "transitions" between gaits. Remember, you're not the driver right now!

When your horse turns, turn with him, using your whole body, just like he does.

Any time he speeds up, push harder with your hands and bend him to a stop if necessary.

After one or more sessions (as many as it will take) you may feel confident enough to try the trot. Again remember that the only rule you are setting for your horse is to keep trotting. Allow him to zig-zag, turn, and travel wherever he wants to in that area. Your job is to learn how to be in complete harmony with him.

Take note of how you swing and sway or get left behind, or tipped forward by his changes of direction and rhythm. Note also your weight in the stirrups, how it changes from one to the other when the horse turns. All this is going to change, some of it right away because of the *Pushing Position*. Over time your seat will become so good that you will feel yourself becoming part of the horse, and your horse will start to feel you as part of him, rather than as a foreign object that is resistant or bracing against him.

Do your *Pushing Passenger Lessons* for increasingly longer periods of time. You might start by setting yourself a two minute goal before you ask your horse to stop. To stop, melt your energy down by looking at your belly button (quit riding), slumping and letting all the energy out of yourself. This will let your horse know that it's time to stop.

Stay slumped like this for the slow count of three and if he hasn't stopped, start slowly bending him to a stop. Do not use force, take your time. The whole time, make sure at least one hand is pushing on his withers.

When your horse is stopped, stay there for at least a minute or two (it will seem like an eternity!). Allow your horse to know that he's right and that this is a comfortable spot. Then you can begin again.

Each time you go into a *Passenger Lesson*, try to extend the time you'll be doing it for. Go from two minutes to four minutes, to seven minutes, etc. until you can do it for 21 minutes. This kind of continuity and consistency will really accelerate your riding skill development.

Note: when doing a *Pushing Passenger Lesson* for any period of time, this will involve lots of transitions to walk and stop as your horse feels like it.

Troubleshooting

-  Your horse keeps stopping by the gate.
-  Try this thought: "you feel like stopping at the gate? Me too!" Rub him for a little bit and then move on again. It works much better than getting tight or frustrated! The idea is that your horse feels like you're part of him and not resisting him or making him wrong for doing things like stopping at the gate, picking at grass or stopping every few strides. Don't worry about it! Crawl into your horse's skin for these sessions and start getting interested in his thoughts and activities.
-  Your horse is very impulsive and wants to get faster all the time.
-  It sounds like he's not ready to ride yet. Have longer *Seven Games* sessions first and get him to use more energy doing it. The most important thing to remember is that if your horse is right brain in any way he is not safe to ride. Take the time it takes, even if that means staying on the ground for a month or two or six! Some students have seriously difficult horses and when they take our advice and progress to *Level 2* on the ground before riding at all, they have wonderful success.

☹️ Your horse is very lazy; he barely takes a step and then stops.

😊 Just do as he does! When he's stopped, rub him, play *Friendly Games*. Then ask him to move forward again. Even if he stops after a step or two, stop with him, be *Friendly* and then ask him to move again. Each time, allow him to stop for less time before you ask him to go forward again. You might start with allowing him to stop for the count of 20, then 10, then 5 and finally a minimum of 3 seconds.

The worst thing you could do is try to prevent your horse from stopping. This only makes him more resistant and you more tired! In other words, it doesn't work.

Horses without a lot of energy, who tend to be more "lazy" are not very motivated by moving in a small space like a round corral. After a few sessions and if you feel confident, you may seek a larger area in which to practice your *Pushing Passenger Lesson*. The opposite is necessary for high energy horses, you'll want to stay in the small corral for quite a while.

How many times should you do this?

You can't do enough of this! Over the weeks, get to where you and your horse are confident enough to move into bigger enclosures. Your objective is to maintain a trot for 21 minutes with your hands resting

lightly in the 'pushing' passenger position throughout. You'll be pushing lightly because you'll have found that secure place in your seat, where it's the heaviest part of you... not your feet, not your shoulders, not your hands... your seat.

Note: Cantering is not required in *Level 1*.

Even if you achieve the objective sooner, take a *Pushing Passenger Lesson* for 10 to 30 minutes for the next 20 times you ride. Make it a habit. You need to take passenger lessons from your horse until riding without needing to grab at the rope feels emotionally comfortable to you and you feel confident enough to turn loose at both the walk and trot. Your seat will improve dramatically and the feeling of harmony with your horse will be wonderful.

What about going trail riding?

Not yet! We really recommend not going trail riding until you are through *Level 1* and into *Level 2*. What you are working on here is developing control through an improved relationship, respect and communication with your horse.

If you cannot easily bend your horse, and your horse does not slow down or stop without using the reins we recommend that you do not take your horse out on the trails and in the company of other horses. You won't be safe.

Some people think they can just put the bit on and then they'll be safe. There is no truth to this. If there was, people would not be getting hurt, run off with and scared by horses getting out of control on a trail ride. A bit has no control over a horse's emotions and when a horse is trying to save himself from perceived danger, something pulling on his mouth is no match.

So many people complain of how their horse jigs and gets strong on the trail, or how they lose control when their horse gets excited once they take him away from home. Yet others say, "Oh, it's not that bad" when their horse starts acting up. But how do you know if that little spark isn't going to turn into a forest fire? A little out of control is not very far away from totally out of control.

What you'll be learning in this program is how to stay safe with horses and in these beginning stages it may mean not putting yourself into any situation that courts danger. That in itself is savvy!

The Parelli Program has a very good safety record. The reason for this is prior and proper preparation. We don't take our horses out, or ask anything of them, until they are mentally, emotionally and physically in tune with us. If you are disciplined enough to take the same care, your experience with horses will be a much safer and happier one. So too for your horse.

Keep making progress. *Level 1* is just the beginning and as you move into *Level 2*, you'll start to see and feel the horse you've dreamed of.

Success Tips

- ✓ Start in a small area – and stay in a small area – until you and your horse are confident in this exercise.
- ✓ Make sure your pre-flight check checks-out! This means you've prepared well with the *Seven Games*.
- ✓ Check out your brakes. Your lateral flexion for hindquarter disengagement must be effective. You need to be able to get your horse stopped and relaxed.
- ✓ Go with the flow. Try to get rid of any feelings of resistance and bracing in your body. Relax and follow the motion.
- ✓ Start slow and progress as your confidence grows. Don't do anything more than you feel ready to and don't let anyone talk you into it!
- ✓ Don't use your rope unless you have to. The more you can just cruise with your horse and not get tight, the better. Trust for as long as you can, but be responsible about it. If you know your horse is a runaway and you feel him getting tight, slow it all down right away and maybe even get off.

Don't be reticent about doing this at the walk for five or six sessions in a row, getting it really solid before progressing to the trot.

- ✓ One rein is far more effective than two. People are conditioned to pull back on two reins and this does not get a horse under control. Bend your horse with one rein. This works. It's also why you have only one rein, so you can't accidentally pull on two!

Pitfalls

- 💣 *Trying to steer your horse with your body or your will.* This is about turning loose to your horse so don't try to steer at all. Flow with his go.
- 💣 *Not allowing your horse to change gait, especially to get slower.* Breaking gait at this stage will do two things: firstly it will teach you more in terms of staying in harmony with your horse; and secondly it will help an impulsive or excitable kind of horse learn that it's okay to slow down.
- 💣 *Going into too big an area too soon.* Slow and right beats fast and wrong. IF you go into a larger area and things start feeling a bit tense, get off and go straight back to the smaller area.

- 💣 *Trying to canter before the walk and trot feel really good and solid.* Save the canter for Level 2. We've got more information for you on how to do it, and the ground skills will have your horse better prepared as well.

Troubleshooting

- ☹️ *You just feel too scared to do this.*
- 😊 Have someone there to help you. They could even hold the end of the 12-foot *Line* as you move around. They will act like a safety net, and they should not try to influence your horse at all. That's your job, not theirs.

Also, stay in the walk for as many sessions as you want because there's absolutely no hurry for you to start trotting. If you go slow and right in the beginning and get it really solid, the rest will come together quickly enough.

Don't worry about it, take the time it takes and it will take less time.
- ☹️ *Your horse keeps trying to run off.*
- 😊 This is where the small area is valuable and important.

Let the corral control your horse. Check first that you have prepared your horse well enough with the *Seven*

Games. The ground skills are so important in getting your horse mentally and emotionally secure with you.

Remember not to think of your horse as being disobedient.

He's just a scared prey animal. He feels lost and it's probably the first time he's had a person on his back who's not hanging on to the reins, holding him back so he doesn't know what he should do.

Push your seat back even more firmly so you cannot be left behind and lose your balance. This will give you both more confidence.

If you have to bend him because it's getting too fast, do it with feeling if you can. This is because if you grab at the rein you can scare your horse more, and when you grab quickly with your hands it's difficult not to also grab with your legs. With a horse that wants to run off, spend a longer time at the halt. Just sit there until his emotions become more stable.

This kind of horse is usually quite sensitive and reactive.

The less independent your seat is the more it will upset him. Although this sounds like a catch 22 situation at first, this passenger lesson exercise will actually serve you both better in the long run. Your horse will learn – through repetition – to not be so afraid and through the *Pushing Position* you will get big lessons on how to

stay in harmony when your horse surges, slows, zigs, and zags.

Remember, at any time... YOU CAN GET OFF! Gosh that can feel good!

Lesson 19 Check List

- ☐ You can be a good passenger at the walk, flowing with him and not resisting when he turns, or falling backwards or forwards if he speeds or slows.
- ☐ You can do this for a minimum of 21 minutes. (If you do it longer than this your horse could get really bored being in a round corral.)
- ☐ You can be a good passenger at the trot, totally relaxed, hands maintaining contact with your horse's withers, seat connected and in harmony with your horse's motion for 21 minutes or more. The rising trot is the best here if you know how to do it. If not, you'll learn more in *Level 2*.
- ☐ Your horse is not running impulsively.
- ☐ You feel calm, confident and secure throughout.

Success Map

Place a check mark on your *Success Map* to indicate you have completed the tasks for *Lesson 19*.

Lesson 20: Follow the rail

Introduction

First, congratulations on getting this far! You are about to begin and complete the final lesson in *Level 1*!!

In *Level 2* you will be introduced to the concept of 'Impulsion Programs' as a means of teaching your horse consistency, purity of gait, self-carriage, and the responsibility to think for himself. You will begin here in *Level 1* with your first program called 'Follow the Rail'.

A "program" is required whenever you want to teach a horse a new habit. Most horses don't know where to go when you start riding them (as you may have found out in *The Passenger Lessons*!) Even when you try to ride them from A to B, they have trouble going straight and you have to direct them every step of the way via the reins.

The "Follow the Rail Program" is going to change things quite dramatically. Actually, it should be called "Follow A Rail or a Trail" because both of these are visible to the horse and teach him to have a responsibility: follow it until further notice.

When you're constantly using your reins to direct your horse it makes a lot of unnecessary "noise" which gets in the way of clear communication. As a result, your horse

becomes desensitized to the bit and reins and you find yourself having to use more and more pressure to get your horse to respond. As you continue in the "Follow the Rail Program" you'll find your horse getting lighter and more responsive.

Without orchestrating his every move like you would with short reins, riding with a loose rein causes your horse to think more for himself, be more responsible for self control in holding the gait you ask for, and balance himself without leaning on the reins.

What it's going to take

In order for your horse to benefit from these 'programs' YOU will have to have what it takes to teach your horse when the process takes a number of steps over several days.

It is conceivable that some of you have reached this point without a lot of repetition. Because your horse will need to do some tasks repetitiously – that means YOU have to learn how to tolerate this kind of process yourself.

Some people may find it boring, but usually they are the kind of person with a lot of energy who likes variety. Too much variety can create undependability in a horse, especially in the early foundation stages.

Consistency is a very good teacher so knuckle down and do this program every time you ride until your horse can follow the rail with barely a correction from you.

The efficiency by which you will achieve *Level 2* has everything to do with you learning this lesson now.

Objective

- ★ To be able to walk and trot your horse on a loose rein as he follows the rail of an arena, round corral or fence and does not deviate from it.

Tools

 Halter, 12-foot Line (one rein), horse to be saddled.

Where to do it

You'll need an arena, preferably a rectangular one, although round is okay, but best not too small or less energetic horses quickly run out of motivation for going forward. A small corral of course will work better for a horse with too much "go."

You are going to teach your horse to follow the rail.

If he follows it, leave him alone. If he strays from it, put him back close to it.

Directions

One rein is all you need for this task and, as already established, is safer than two reins because you can bend to slow or stop him and you won't accidentally pull back on two reins.

Have the rein on the same side as the rail. This way you can guide your horse back to the rail if he leaves it.

The keys are

Arrange your rein so there is some slack and fold the tail in half and lay it over your horse's withers in front of the saddle.

Put one hand over it in the *Pushing Position*, we'll call this the "*pushing hand*." It should be your other hand, not the one that's closest to the rail. You'll need that hand to be able to pick up the rein and guide your horse back to the rail. Let's call that one your "*rail hand*."

Your rail hand should join your pushing hand at the withers until needed, or it could rest on your thigh.

Start by walking along the arena rail.

Every time your horse strays from the rail, pick up your rein with your rail hand and put him back on the rail. Lift the rein up and towards the rail so he can follow the feel.

As soon as he's back on the rail, drop the rein so he knows he's done the right thing. Don't keep holding him there. You need to trust him but be ready to correct if he leaves again... don't try to prevent him leaving the rail or he won't be able to learn his responsibility.

Here's what it might be like: your horse follows the rail for a few steps and then leaves it. You nicely pick up the rein and put him back on the rail, release the rein, trust him, and if he strays again pick it up, put him back, then drop it and trust.

Be prepared to do this over and over and over until your horse realizes that if he stays at the rail, you'll leave him alone. It's the comfort/discomfort principle – if you make it comfortable at the rail, he'll be more inclined to stay there. He'll also start to enjoy being allowed to think and have a responsibility instead of just being a puppet.

Focus is important. Look way out ahead of you, a long ways down the rail. It will help your horse feel and follow your focus.

When you get to a corner, change your focus at the last minute, just before you want him to turn.

Do this until you can make a minimum of four circuits around the arena without needing to correct your horse more than three times.

When you've achieved that, simply stop next to the rail and rest for a good two to five minutes. You'll stop by relaxing and lifting the rein and if he doesn't stop, go all the way to a bend.

Try this first at the walk, then at the trot. (Leave the canter for a higher level.)

Success Tips

- ✓ Have a loose, trusting and comfortable rein for your horse. Pretend you don't have any reins, this way you'll only pick up the rein when you need it.
- ✓ Use the *Pushing Position* with at least one hand if not two. This will ensure you are secure in your seat and keep your lower back flexing. This makes it a lot more comfortable for your horse.
- ✓ Focus a long way down the rail.
- ✓ Lift your rein before you guide your horse back to the rail when he strays. Most people pull the rein downwards and over which makes the horse heavy and harder to turn.
- ✓ Be polite with your rein; there's no need to pull or jerk harshly on the rein. If your horse is ignoring you, go all the way to a bend to get control of the horse, then begin again.

- ✓ Trust that he'll stay there but be ready to correct, not more one than the other.

Pitfalls

- ✱ Trying to prevent your horse leaving the rail by holding him there. This will make him dull and he won't learn to take responsibility because you're doing it for him. Get back to a loose rein as quickly as possible.
- ✱ Looking at your horse instead of where you are going. Just like in a car, watch the road, not the wheel!
- ✱ Not using the Pushing Position. If you keep losing your balance, even if only slightly, it will distract your horse from his "job" and even cause him to get emotional or resistant. The smoother you are as a rider, the better it feels to the horse. It will also make sure that you stay connected to your horse when he ducks away from the rail.
- ✱ Handling your rein roughly. Remember, you are communicating so always start softly and only get progressively firmer if your horse argues with you.

Troubleshooting

- ☹ Your horse does not follow the rail, he keeps straying.
- 😊 Stay passively persistent in the proper position. Some horses will really test your patience and ability to stick with it. Be a patient teacher for your horse. You need to patiently out-persist your horse when he is determined to have his own way... Remember: "I've never seen it take longer than two days." So even if it takes an hour it will feel like no time at all.
- ☹ Your horse strongly resists the rein and you have trouble getting him redirected back to the fence.
- 😊 The longer you allow your horse to lean against the rein in *Opposition Reflex*, the duller and stronger he will become. As soon as you are having difficulty guiding him back to the rail, bend your horse in lateral flexion to disengage his hindquarter (which is where the strength is coming from). Once he's stopped you can then guide him back to the rail much more easily. Don't get into a fight. Bend to a stop, rub your horse and go on... remember that you are trying to teach your horse a new program.

He's going to make mistakes during his learning process and usually, he's not trying to be bad. He's just confused. Whenever you're having trouble with your

horse, go slower and get clearer. Most people get more frantic and even more confusing to the horse.

☹️ *Your horse tries to run off all the time and gets faster and faster.*

😊 First of all, check yourself. Are you unconsciously driving with your seat or squeezing with your legs? Are you tense or nervous when doing the exercise? Are you leaning forward or bracing in your stirrups? Is your back hollow or tense? All of these can cause a horse to go faster.

Whichever the case, push harder so your seat gets deeper. This helps you stay in harmony with his stronger gait and also causes your legs to loosen. As soon as this happens most horses will instantly slow down.

Next, slow everything down. Go back to the walk and achieve success there first.

☹️ *Your horse trots too fast for your comfort.*

😊 As your horse speeds up, pick up the rein and slowly turn his nose in towards the rail until he slows down. In other words, you are starting to bend him but don't need to stop him completely, just do enough to slow him down and then you can release and trust again.

If this is still not effective enough, bend him to a stop

and stay there until he can stand still and you can feel his emotions come down. Turn a full circle towards the rail before you move on.

If this still doesn't work, your energetic or impulsive horse may not be ready for the long straight lines of a rectangular arena and will do better in a round corral.

The circles will help him to "shorten" mentally and emotionally, whereas the straight lines can encourage him to speed up. The more impulsive the horse, the smaller the round corral should be.

☹️ *Your horse drastically cuts corners, does not go into them.*

😊 This is a common problem because prey animals are programmed to not go into corners... they are traps! Using a little psychology, you can make those corners more comfortable.

Ride to the corner and stop there. Stay there until your horse is relaxed before moving on to the next corner. You can tell when your horse relaxes because he will stand still and even let out a sigh and lick his lips. Repeat this until you've got your horse relaxing in each corner at least twice. Then you can recommence your *Follow the Rail* pattern and smoothly change your focus just as you get to the corner. Your horse will follow your focus and turn towards the next corner without stopping.

Any time your horse gets suspicious of corners it's because he doesn't feel safe. Take the time to prove to him he is safe and this takes softness, not force.

Lesson 20 Check List

Your horse can follow the rail for a complete circuit:

- ☐ Without you having to make more than four corrections.
- ☐ He stays in the gait you have asked for at least four circuits. He doesn't break gait either slower or faster.
- ☐ He can do it at a walk and a trot.
- ☐ He does not cut corners or avoid them.
- ☐ You can play *Follow the Rail* for at least 21 minutes.
- ☐ *Follow the Rail* is part of your routine every time you ride in *Level 1*.

Success Map

Place a check mark on your *Success Map* indicating that you have completed the tasks for your final *Lesson* in *Level 1*!!! *Congratulations!*

Preparing for a successful assessment

Well, if you are reading this page – congratulations! You have now completed ALL of the lessons for *Level 1*.

You have completed the *Level 1* Program!

Viewing assignment

To guide your assessment, play DVD-6, Chapter 1, and watch the segment titled, "*Matt and Luke's Level 1 Assessment, Tasks 14-20*"* followed by "*Where to from here...*"

When you are done viewing this Chapter, return here.

**If you would like to watch Matt and Luke's complete Level 1 Assessment from beginning to end, watch DVD-6, Chapter 2.*

What's next ...

If you have been following the program all along then you are likely well into *Level 2* ground skills. If not, now is definitely the time to begin that next stage of learning.

You can at any time you feel ready submit an *Official Level 1 Assessment* (see the *Level 1 Log Book*) to an instructor to achieve your *Red Savvy String, Level 1* pin, and *Level 1 Certificate*. You will find instructions on the Parelli website: www.parelli.com. Or you may self-assess your skills without submitting an assessment and move yourself on to *Level 2*.

As suggested by Linda, you might wish to NOT do an official assessment for *Level 1* until you are well into *Level 2*. There is no urgency on being assessed. Moving forward will help your skills mature naturally. The more you build your skills by progressing to *Level 2*, the easier the *Level 1* Assessment tasks will be. There's nothing worse than holding yourself back because you're worried about taking the test! The decision about when to be assessed and how you will do that is yours to make.

Preparing for Level 2 Riding

Because of how this Program has evolved and been improved upon over the years you have received a new and special set of *Pocket Guide* lessons titled, "*Preparing for Level 2 Riding*." These lessons are in the blue book in your *Level 1* Pack.

You must complete these lessons BEFORE you start the riding lessons in *Level 2*. You have earned the right to now ride with two reins, and you will learn to do this in that new *Pocket Guide*. You will also learn important rein positions.

Note:

 It is quite possible that you will complete your *Level 2* ground skills before or at the same time you start your *Level 2* riding skills. If that happens, you should take

yourself on immediately to *Level 3* ground skill training using the lessons in the *Level 3* pack.

We've encouraged you to go on to *Level 2* in ground skills if for any reason you are not yet confident enough to begin the riding tasks in *Level 1*. This is because making more progress on the ground will help your horse get calmer and more attentive... which means more preparation for safe riding. When you complete *Level 2* ground skills move on to *Level 3* ground skills. There is no reason for slower progress when riding to delay your developing savvy on the ground.

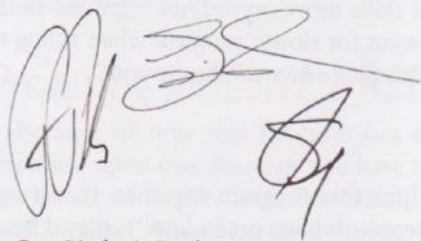
In closing

When we first put this Program together, it was our feeling that if all people did was get to *Level 1*, they'd be so much safer and happier with their horses. Much to our surprise, having achieved *Level 1* savvy, many people go on to *Level 2* because they want more!

While *Level 1* is all about essential communication skills and safety, *Level 2* opens a whole new world of possibility, knowledge and results. With most safety and behavior problems over with, *Level 2* shows you how to have more fun with your horse, which is something your horse will also appreciate. The more you know, the better your skills, the more you can do and the safer you are.

Our purpose is to help people realize the dream they had when they first bought their horse so they never have to give up due to fear, frustration and failure. As you discover the horseman within, your passion for horses will flare ever more strongly. As your savvy develops, you will become the person your horse respects, trusts and wants to be with... naturally.

See you in Level 2!



Pat, Linda & Stephanie

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This material is authored by Pat Parelli and written by Linda Parelli and Stephanie Burns.

It documents the Parelli System of Natural Horsemanship and is an original work.

Photography by Coco

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